

DOMAIN OF F I ^Y N E S S

A very 'pumped' cleric subclass for 5E.



Created By Lewinston Illustration
29/06/24

GLORYANNA



Cleric: Fitness Domain

Your body is a temple and should be treated as such! Such is the belief of clerics within the domain of fitness. Through hard physical work and maintenance of good health, these clerics channel divine energy through their muscular stature and good habits. A good cleric in this domain may be a teacher, educating the common folk about proper fitness and good diet. Meanwhile, an evil cleric in this domain might be more vain, seeking to achieve a body that can overpower and dominate those they deem beneath them. Gods in the domain of fitness may include Kord, Illmater, Pelor, Thor, Hextor, Nike and even Hercules.

Dost Thou Lift?

Despite being within the domain of fitness, not all clerics have to be muscle-bound fanatics. Some might be more lean, focusing on their dexterity. Some might clerics may be more bulky, celebrating physical strength above all else. You can have your cleric's appearance be whatever you'd like them to look like and not feel restricted by the theme of this class.

Basic Stretches

When choosing this domain, decide on an origin for your cleric. Why did they join the domain of fitness? Below is a list you can choose from or perhaps use it to help inspire your own ideas.

1d4	Cleric Origins
1	<i>As a child, you were sick and magic healing could not be afforded. However, a kind stranger saved you through diet, exercise and worship. You worked hard and excelled, becoming devoted to your fitness journey.</i>
2	<i>A sword in your village, stuck in a rock, is cursed, poisoning the farms and water. As a child, you spent every day trying to pull it out to no avail. As you got older, you got stronger and prayed that one day, you'd be strong enough to draw that cursed sword.</i>
3	<i>You're a bodybuilder with a shamed past seeking solace in your temple. Lately, someone claiming to be you have been causing trouble which has bought you back out of hiding. Stranger still, this pretender does not have your physique at all!</i>
4	<i>An evil cultist has proclaimed themselves to have the greatest physique in the land! In doing so, your name is slandered and your dietie's name as well. You must challenge them to a contest to stop this blasphemy.</i>

Class Features

Level	Feature
1st	<i>Fitness Domain Spells, Blessed Physique, Divine Adrenaline</i>
2nd	<i>Channel Divinity: Fantastic Flex</i>
6th	<i>Channel Divinity: Mithral Body</i>
8th	<i>Divine Strike</i>
17th	<i>Perfect Physique</i>

Fitness Domain Spells

Cleric Level	Spells
1st	<i>Goodberry, Jump</i>
3rd	<i>Enhance Ability, Spider Climb</i>
5th	<i>Haste, Aura of Vitality</i>
7th	<i>Freedom of Movement, Divine Weight*</i>
9th	<i>Wall of Stone, Destructive Wave</i>



Blessed Physique

At 1st level, your body has been divinely blessed with great physique.

You have proficiency in Constitution saving throws.

You have proficiency in your choice of either the *athletics* or *acrobatics* skill.

When you make any Strength (*athletics*) or Dexterity (*acrobatics*) ability check, you can add your Constitution modifier to that result instead of your Strength or Dexterity modifier (minimum of 1).

Divine Adrenaline

Also at 1st level, you can encourage your allies with divine magic.

As a reaction, when a creature within 30 feet of you fails their Strength, Constitution or Dexterity saving throw or ability check, you can expend a spell slot. That creature can roll a number of d4s equal to the level of the spell slot used. That creature then regains hit points and adds a bonus to their total result from the failed roll equal to the result of the d4s used in this reaction.

You can use this feature a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a short or long rest.

Channel Divinity:

Fantastic Flex

At 2nd level, what your allies can do, you can *try* to do better.

As a reaction, when an ally you can see rolls a d20 to make an attack roll, Strength (*athletics*) or Dexterity (*acrobatics*) ability check, you can record the number rolled after the result is known.

Until the end of your next turn, you can use that d20 roll result in place of your own roll for the same type of attack roll or ability check and add 1d4 to that result.

Channel Divinity:

Mithral Body

At 6th level, the muscles on your body have become as hard and as malleable as mithral.

As a bonus action, you can flex to remove any armor you are wearing instantaneously. If you doff your armor in this way, your AC becomes 15 + your Dexterity modifier and you gain temporary hit points equal to a roll of your Strength (*athletics*) or Dexterity (*acrobatics*) ability. You can flex again as a bonus action on each of your turns to gain these temporary hit points again if you have no temporary hit points remaining.

This effect lasts for 1 minute; until you fall unconscious or when you end it as part of any action.

Divine Strike

At 8th level, you gain the ability to infuse your weapon strikes with more weight! A gift from your deity.

Once on each of your turns when you hit a creature with a weapon attack, you can cause the attack to deal an extra 1d8 damage of your weapon's type to the target and that attack also counts as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

When you reach 14th level, the extra damage increases to 2d8.

Perfect Physique

At 17th level, You've attained a perfect body through worship and training.

You increase your Strength, Constitution and Dexterity scores by 1, 2 and 3, applying each number to whichever score you wish, to a maximum of 22.

You also have one additional use of your Mithral Body feature per long rest without needing to use your Channel Divinity feature.

Spells

Divine Weights

4th-level Conjuraton

Casting Time: 1 action

Range: 30 feet.

Components: V, S, M (a tiny ball of iron)

Duration: Instantaneous

You attempt to crush your enemies with spiritual weight.

When you cast this spell, you create a 15 foot radius sphere within range. Creatures inside this sphere must make a Strength saving throw or take damage equal to 6d6 bludgeoning damage as an invisible force pushes down on them. These creatures have their movement speed reduced to 0 and if they fail the save by 10 or more, they fall prone and are restrained. On a success, they take half the damage.

This effect lasts for 1 minute or until the affected creature makes a successful Strength saving throw at the end of their turn.

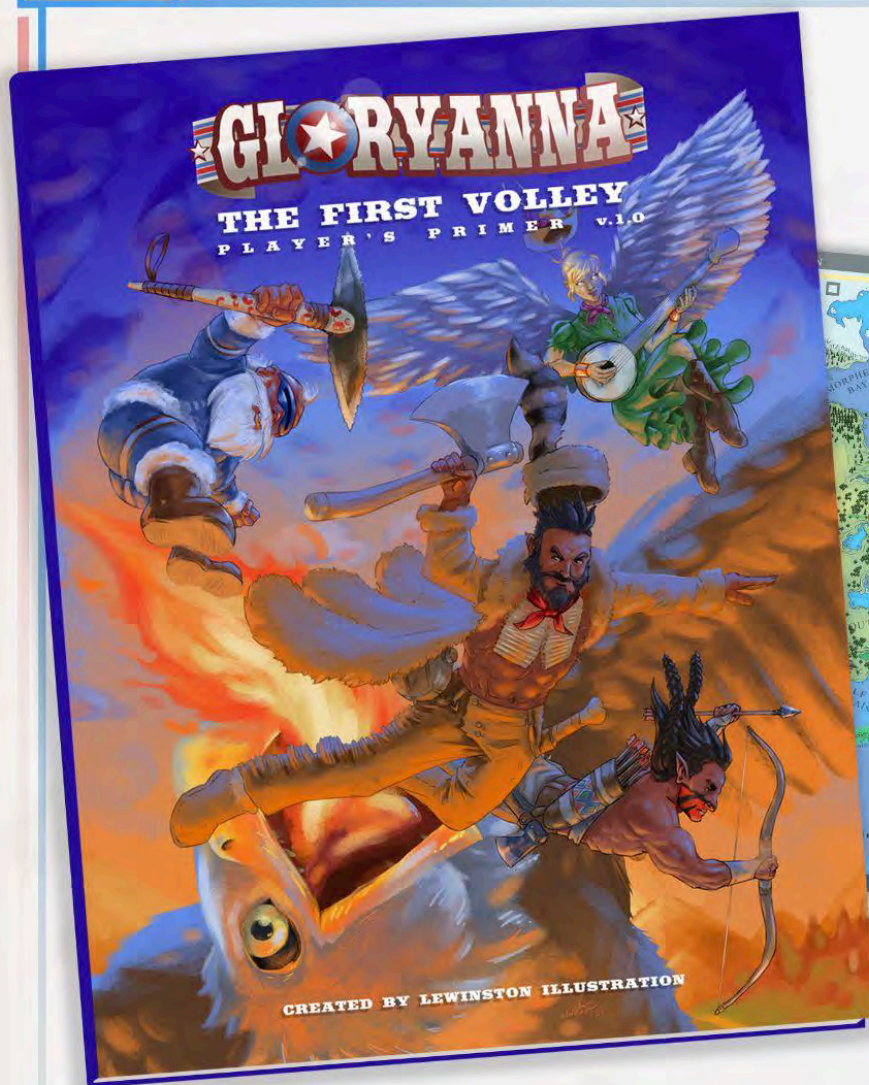
As an action, creatures can attempt to move this invisible force by making a Strength (athletics) check against your spell DC. On a success, the creature pinned by this force has their full movement restored.

When a weight is no longer affecting a creature, it disappears.

At Higher Levels: When you cast this spell using a spell slot of 5th level or higher, the damage increases by 1d6 for every spell slot above 4th.

Spell Lists. Cleric, Paladin





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Art created by Lewinston Illustration.

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